



Weekly tip: stay active - find an exercise buddy

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Sticking to your exercise goals can be hard and after a while, you might find your motivation beginning to wane. But the good news is, there are plenty of ways to boost your motivation and to keep you working towards your goals.

Finding someone to exercise with is a great way to stay committed and motivated.[1]

Different ways to buddy up

There are lots of ways to find like-minded people to exercise with, so why not give it a try?

- **Get an accountability buddy.** Having someone to be accountable to is a great way to help you stick to your goals. And this doesn't mean you have to work out with them at the same time. You could join a social media group where people encourage each other to keep going or ask a family member or friend to call you each week to keep you on track.
- **Join an exercise class or group.** Exercise groups come in all shapes and sizes, from traditional exercise classes to sports teams and running clubs. By having somewhere to turn up to each week, you'll have even more resolve to keep on track.
- **Make it a family activity.** Working out can be something families do together, and that doesn't mean all going to the gym. Having regular family time outside and playing games together can be as much of a workout as sweating it out on a treadmill in the gym. Think running, jumping, skipping, throwing and catching. All of these activities can be a fun way to work out.

1. [7 reasons you should be buddying up to exercise](#). Netdoctor, January 16, 2017.